



# GLUTEN FREE School Dinner Menu



FRESH MILK Is available daily



FRESH FRUIT & SALAD Available daily!



## Week Commencing 11<sup>th</sup> Jan

## Week Commencing 18<sup>th</sup> Jan

## Week Commencing 25<sup>th</sup> Jan

## Week Commencing 1<sup>st</sup> Feb

Monday

**Choose a Main**  
Fish Fingers

**With**  
Chips  
Baked Beans  
Peas

**Dessert**  
Sponge Cake (M)

**Choose a Main**  
Chicken Goujons

**With**  
Chips  
Peas  
Baked Beans

**Dessert**  
Jelly Pots

**Choose a Main**  
Chicken Bites

**With**  
Chips  
Baked Beans  
Peas

**Dessert**  
Chocolate Brownie (M)

**Choose a Main**  
Assorted Pizza (M)

**With**  
Potato Cubes  
Sweetcorn  
Peas

**Dessert**  
Peaches and Cream (M)

Tuesday

**Choose a Main**  
Meatballs

**With**  
Pasta  
Mixed Vegetables

**Dessert**  
Chocolate Sponge (M,S,E)

**Choose a Main**  
Fish (F)

**With**  
Creamed Potatoes (M)  
Parsley Sauce (M)  
Peas

**Dessert**  
Fruit or Yoghurt (M)

**Choose a Main**  
Sausage

**With**  
Creamed Potatoes  
Green Beans  
Sweetcorn  
Gravy

**Dessert**  
Sponge Cake (M)

**Choose a Main**  
Beef Chilli

**With**  
Rice  
Mixed Vegetables

**Dessert**  
Ice Cream (M)

Wednesday

**Choose a Main**  
Minced Beef

**With**  
Creamed Potatoes (M)  
Sweetcorn  
Peas

**Dessert**  
Ice Cream (M)

**Choose a Main**  
Roast Beef

**With**  
Roast Potatoes, Gravy  
Carrots  
Cauliflower

**Dessert**  
Chocolate Sponge (M)

**Choose a Main**  
Roast Gammon

**With**  
Roast Potatoes  
Cabbage  
Carrots, Gravy

**Dessert**  
Rice Pudding and Sultanas (M)

**Choose a Main**  
Roast Chicken

**With**  
Roast Potatoes  
Broccoli, Carrots  
Gravy

**Dessert**  
Apple Crumble & Cream (M)

Thursday

**Choose a Main**  
Roast Chicken

**With**  
Gravy, Carrots, Broccoli  
Roast Potatoes  
Gravy

**Dessert**  
Sponge Cake (M,S,E)

**Choose a Main**  
Bacon

**With**  
Hash Browns,  
Tomatoes,  
Baked Beans,  
Scrambled Egg (E)

**Dessert**  
Toffee Mousse (M)

**Choose a Main**  
Chicken Curry

**With**  
Rice  
Peas

**Dessert**  
Ice Cream (M)

**Choose a Main**  
Beef Steak Pie

**With**  
Potatoes  
Green Beans  
Sweetcorn

**Dessert**  
Yoghurt (M) or fruit

Friday

**Choose a Main**  
Hot Dog

**With**  
Baked Beans  
Peas  
French Fries

**Dessert**  
Biscuits

**Choose a Main**  
Beef Bolognese

**With**  
Pasta  
Mixed Vegetables

**Dessert**  
Angel Delight (M)

**Choose a Main**  
Beef Burgers, bun and Cheese (M)

**With**  
French Fries  
Baked Beans  
Peas

**Dessert**  
Plain Sponge (M)

**Choose a Main**  
Fish Fingers

**With**  
Chips  
Baked Beans  
Peas

**Dessert**  
Sponge Cake (M)



Jacket potatoes available daily!



ALLERGIES - Children with allergies will be catered for from the menu using modified dishes when necessary.

**This is the Gluten Free menu**

(C) Celery, (Cr) Crustaceans, (E) Eggs, (F) Fish, (G) Gluten, (L) Lupin, (M) Milk, (MO) Molluscs, (Mu) Mustard, (N) Nuts, (P) Peanuts, (Se) Sesame, (S) Soybeans, (Su) Sulphites. Some ingredients may contain traces of other allergens if they are produced in premises where they are present.